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THURSDAY, OCTOBER 16, 2014

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NPCA workers join OPSEU
Page 6

**Silver
in sales**

Sears' CEO recognizes Welland store's
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BARRICK
REGION

INPORT NEWS

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Wainfleet gets its cenotaph



GROUP PHOTO/
STAFF PHOTO

Members of
Wainfleet's
independent
cenotaph
committee,
from left, Doug
Willford, Jake
Lobbezo, Liz
Aldrey and Bob
Cumming chat
in front of the
village centre's
newest addition.
See story and
additional
photos on page
2.

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UPFRONT

■ **REMEMBRANCE:** Cenotaph dedication ceremony is Sunday

War and peace a new chapter begins in Wainfleet

GREG FURMINGER
QMI Agency Niagara

Jake Lobbezoo remembers as a child watching Nazi soldiers running through the streets of his Holland hometown.

They were being chased by Canadian soldiers.

Forever grateful for this country's efforts in the liberation of his motherland, Lobbezoo is now thrilled that for the first time ever, Remembrance Day ceremonies will now have a special place in Wainfleet.

The township has its first cenotaph.

"We really appreciate what the Canadians did for us, and for that, we have this," Lobbezoo said, looking at the granite "tablet" that now stands tall nearby the township hall.

Wainfleet's large Dutch community was among the many donors who contributed to the cenotaph, a project taken on by an inde-

pendent committee of about 15 people, and who represented such groups as the local Lions Club, firefighters' association and historical society.

"We all melded together, and this is the end result," said committee chair Doug Willford.

"I think it's beautiful. It's been a dream of Wainfleet for so many years."

They committee was spurred into action by a letter from the Wainfleet Women's Institute, which had first requested that the municipality fund and erect a cenotaph. It was put on hold because of costs, last pegged at more than \$180,000 in 2007.

The final project came in at about \$70,000, supported also by many other residents, businesses and services, and grants.

The citizens of Wainfleet opened their souls and their pocketbooks," Willford said.

As a result, Nov. 11 remem-

brance ceremonies will take on greater stature this year. The focus of Remembrance Day ceremonies until now had been limited to a handful of people standing around the township hall flagpole. Or it meant a drive to ceremonies at Port Colborne's H.H. Knoll Lakeview Park cenotaph.

"I was really amazed Wainfleet didn't have one," said Bob Cumming, a member of Welland's Royal Canadian Legion Branch 4 who served two tours of duty with a NATO fleet during the Cold War.

The Wainfleet man, who with Lobbezoo also served on the cenotaph committee, regularly visits area schools to teach students the importance of remembrance.

"We can't forget our past, so we don't repeat it," he said.

Cumming called it "deeply important" that Wainfleet have a cenotaph.

Until now, the only recog-

nition to the Wainfleet men and women who served during war was a bronze plaque that was the names of those from Second World War, and a decorative scroll with the hand-printed names of those who served in the First World War. Both are displayed inside township council chambers.

Lobbezoo said they have drawn tears from his Dutch visitors.

Wainfleet lost nine men in the First World War and 10 in the Second World War.

Willford said a surplus of funds in the cenotaph account will be used to forge a proper bronze plaque for Great War veterans and victims.

The cenotaph design was selected from three options floated to residents, and it received approval from Veteran Affairs Canada's Community War Memorial Program, which funded a substantial chunk of the project's costs.

Ground-lit on land granted by the municipality, the cenotaph is complemented by three flagpoles — the township, Ontario and Canadian flags raised — a brick walkway and three benches, the latter made by Lakeshore Catholic Secondary School students.

In English and French, as required by law, the cenotaph states: "Dedicated to the brave men & women who served during war & peace."

Said Cumming: "You honour everybody who served." A dedication ceremony for Wainfleet's cenotaph will take place this Sunday starting at 2 p.m.

"It's a satisfying feeling that we had a goal and we achieved it," said committee member Liz Adley. "It's a fine end to what we set out to do."



PHOTOS BY GREG FURMINGER/QMI AGENCY NIAGARA

Doug Willford, Wainfleet's independent cenotaph committee chairman, inspects the new addition to the township's village centre.



Wainfleet's Second World War memorial plaque, which hangs in township council chambers.



Wainfleet's First World War honour roll, which hangs in township council chambers. All names are hand-printed.

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CALNEWS

■ NIAGARA VOTES 2014

Big battle for regional council seat

DAN DAWIN
QMI Agency Niagara

While much of the focus in municipal election campaigns is placed on the mayoral candidates, there are some races heating up for the handful of regional council spots up for grabs in south Niagara.

Port Colborne will elect one. Wainfleet's lone representative at the region is the township's mayor.

Port Colborne's regional councillor race is expected to be one of the tightest in the region with incumbent David Barrick having to defend the spot from Vance Badawey, who is stepping down after four terms as mayor to run for the region seat.

Regional Council Candidates

Name: Vance Badawey

Age: 49

Occupation: Mayor/regional councillor, City of Port Colborne

Family: Married to Lisa with two daughters — Logan and Jordan



VANCE
BADAWEY

Previous political experience: City councillor (Ward 4) 1994-1997; mayor/regional councillor 1997-2003; 2006-2014

Community work: Port Colborne Kinsmen Club; Knights of Columbus; Coach — high school/community youth hockey and soccer; International Shipmaster's Association; director, United Way of South Niagara; founding board member, Wellspring Niagara; campaign chair, Community Living Port Colborne-Wainfleet

Top issue: Retaining and creating jobs, region and tax reform; To ensure the City of Port Colborne receives our fair share by receiving daily attention through my involvement with over 15 regional committees.

Why are you running? To continue to get the job done by accelerating the projects I have led at the regional level such as the creation of an Economic Gateway Strategy, regional infrastructure

investment such as the reconstruction of Killaly St. West (\$6 million), Northland Pointe (\$23 million), Water and Wastewater (\$21 million) and the preservation of our police detachment. To also ensure a disciplined approach to our affordability strategy continues, resulting in low to no tax increases.

Why voters should choose me? Results. A strong experienced voice that works hard for the residents, a regional council leader on region and tax reform, leading a team to create economic strategies to create jobs. An established, experienced regional leader.

Contact info: 905-834-9079; hadawey@niagara.com; www.badaweyforregion.com; www.facebook.com/vancebadaweyforregion

Name: David Barrick

Age: 35

Occupation: Senior manager of operations with Niagara Peninsula Conservation Authority

Family: Married to Yakira Barrick with two children, daughter Kyra, 9 and son Caden, 7



DAVID BARRICK

Previous political experience: Barrick earned his B.A. (Hon.) in political science with a concentration in public law. First elected to municipal office in 2006 and elected to Niagara regional council in 2010. Co-chair of corporate services (finance) committee for Niagara region.

Community work: Chamber of Commerce board member; Port Cares board member; member of Brock University Niagara Community Observatory; Knights of Columbus member; former commercial chair for the United Way; previous volunteer coach for Youth Soccer; recipient of the Top '40 Under 40' Business Achievement Award

Top issue: Respecting tax dollars: Barrick is a leader in keeping regional property tax increases low, with an average annual increase of just over 1% over the last four years. He voted against adding significantly to regional debt and pushed to keep the region's portion of the water bill low.

Why are you running? To ensure Port Colborne residents get value for their hard-earned tax dollars. To support seniors and young families by keeping Regional tax increases low; getting Port's fair share from the Region; and to facilitate job creation.

Why voters should choose me? Voters have a clear choice between Barrick's strong record of keeping taxes low and delivering results versus the other candidate's record of high tax increases, skyrocketing debt, rising water bills and crumbling infrastructure.

Barrick listens to residents, knows how to prioritize spending, and treats taxpayer money with respect.

Contact info: 289-214-8252; vote@davidbarrick.ca; www.davidbarrick.ca; facebook.com/barrickregion

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■ I'VE BEEN THINKING

What is a pastor?

PASTOR MICHAEL MELEG

Faith & St. Peter's Lutheran Churches, Dunnville & Port Colborne

What does God say about pastors? Every Christian should know the answer to this important question.

We understand God's Office of the Holy Ministry when we see, 1) how God talks about pastors, 2) what He requires of pastors and 3) what He requires of those who hear the pastor God has sent to them.

1) First, what are the most common biblical words that God uses to refer to pastors? The most common way of referring to the called servant of Christ in a Lutheran church is pastor. (This is the one office of "pastor and teacher," Ephesians 4:11.) The word pastor means "shepherd." God describes His servants in the way because He has sent them as undershepherds of Christ to care for His flock in the way that He commands (Acts 20:28-31; 1 Peter 5:1-4). A pastor is called by God to feed, lead and protect the flock to which He has called him.

The term *elder* refers to pastors as having certain learning, authority and responsibility, and is connected to the word bishop/overseer (translated both ways; Acts 20:17-18a, 28; 1 Timothy 5:17; Titus 1:5-8).

The word minister means "servant" or "slave." God uses it because He has made

pastors servants of Jesus Christ who serve His people (1 Corinthians 4:1-2; 2 Corinthians 4:5).

2) Second, what does God require of pastors? They must read the Scriptures (privately and in the public service), focus on and continue steadfast in the true doctrine of the bible and in outwardly blameless lives, faithfully preach and teach the pure Word of God, convince doubters, rebuke open sinners and false teachers, forgive the repentant, exhort God's people with all long-suffering and teaching, endure afflictions, continue as a messenger of the Gospel and feed (with the Word and sacraments), lead, guide, watch over the people and doctrine, and protect the flock to which they have been called (1 Timothy 4:12-16; 2 Timothy 4:1-5; Acts 20:28; Jeremiah 23:28; 1 Corinthians 4:1-2).

This last part about leading, guiding and protecting is part of the pastoral responsibility that seems to be better understood when there are clear and present dangers to the church. In times when people have trouble recognizing danger, it is all the more important for pastors to be diligent and faithful in their God-given duty. One of our Lutheran confessions puts it this way: "Moreover, since for the preservation of pure doctrine and for thorough, permanent, godly unity in the Church it is necessary, not only that the pure, wholesome doctrine be rightly presented, but also that the opponents who teach otherwise be reproved (1 Timothy 3; 2 Timothy 3:16; Titus 1:9) — for faithful shepherds ... should be both, namely, feed or nourish the lambs and resist the wolves, so that the sheep may flee from strange voices (John 10:12-16, 27) and may separate the precious from the vile" (Jeremiah 15:18; Formula of Concord, Thorough Declaration, Pref. 14).

3) Third, what does God require of those who hear their pastor? "We urge you, brethren, to recognize those who labor among you, and are over you in the Lord and admonish you, and esteem them very highly in love for their work's sake. Be at peace among yourselves" (1 Thessalonians 5:12-13). "Obey those who rule over you, and be submissive, for they watch out for your souls, as those who must give account. Let them do so with joy and not with grief, for that would be unprofitable for you" (Hebrews 13:17). By God's command your pastor watches out for your soul and is accountable to God for his stewardship.

Jesus said to the seventy men He sent out to preach in His name, "He who hears you hears Me, he who rejects you rejects Me, and he who rejects Me rejects Him who sent Me" (Luke 10:16; see 1 Corinthians 4:1; 16:15-16). Therefore, in spiritual matters of both faith and life, the man who has been rightly called to be your pastor is to be heard as God's chosen mouthpiece as long as he rightly

preaches and teaches God's Word. In worldly matters (who to vote for, how to do your job, the best way to fish or play hockey, etc.) his word is simply the opinion of a man. Pastors are sinners like everyone else, but they have serious and heavy responsibilities given to them by God. Whether you call him pastor, minister, priest or padre, please pray for him.

What God says about pastors is clear. Jesus has arranged His church with pastors and hearers so His eternal, spiritual blessings of forgiveness, life and salvation, comfort, peace and joy are given to His holy people until He comes again in glory.

Therefore, pastors must be very careful about their preaching and teaching, and about every teaching in and among the people to whom God has called him. Yes, that also means he must review and critically analyze the services, hymns, prayers, books, pamphlets, devotional materials, videos, guest speakers, etc., and warn against false teachers and false teachings. It is a God-given responsibility. He is accountable to God, and will face Him on Judgment Day.

How should God's people think of their pastor? Not as an adversary or as a good buddy or as just some hired man, but as St. Paul says, "Let a man so consider us, as servants of Christ and stewards of the mysteries of God. Moreover it is required in stewards that one be found faithful" (1 Corinthians 4:1-2).

Shipwrecks – Jacqueline

SKIP GILLHAM

For (M) Agency Niagara

Using computer skills that I do not possess, a friend recently found a picture of the remains of the freighter *Nike* ashore off Tarifa, Morocco.

The rusted out and abandoned vessel has been there since Feb. 10, 1965, when it stranded while waiting for a berth at Laayoune in the western Sahara region of Morocco.

The ship dates from 1958 and was French built and operated. It was designed as the small ore carrier *Jacqueline* and could carry up to 5,800 tonnes of cargo in the four cargo holds. The 116.70-metre-long vessel was a seaway trader in 1967 and came back, still under the flag of France, as *Rhen* in 1972.

It was sold to Tulip Shipping and registered in Cyprus as *Kyriaris* in 1972. It became the Greek flag *Pans Trader* in 1976 and began sailing as *Nike* for Panamanian interests in 1978.



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#NIAGARAVOTES

Contenders coy on regional chair aspirations

ROB HOULE
QMI Agency Niagara

The man currently in the position is on record as saying he wants back in, but other likely contenders for the job of Niagara Region chair are not showing their hands.

Potential candidates to challenge Gary Burroughs should be he re-elected as regional councillor for Niagara-on-the-Lake include regional Couns. Bart Maves and Selina Volpatti of Niagara Falls, outgoing mayors Bill Hodgson and Vance Badawey of Beldewy of Lincoln and Port Colborne respectively, Bruce Timms of St. Catharines and Henry D'Angela of Thorold.

Maves, Timms and

D'Angela were nominated for chair in 2010, with Maves coming in second to Burroughs in a 19-11 final ballot vote by councillors.

Maves said although he believes he has the leadership skills required for the position, he has not made up his mind, if he is successful in being re-elected, on whether he would let his name stand for the position that pays slightly more than \$17,000 annually.

"I was interested before, and I ran, and I still believe I can provide the leadership that will take us in a newer direction, but I have not made up my mind," Maves said.

Volpatti, Hodgson and D'Angela said they were focused on being elected to

council.

"I'm going to leave that one alone until elected," said Hodgson, who decided not to vie for re-election as mayor of Lincoln in favour of filling the town's regional councillor position.

"Quite simply, that's not why I'm running for the region," Hodgson said. "After 11 years as mayor, I'm going to appreciate the opportunity to kind of refocus on some of the regional stuff."

Hodgson added he "works hard at the region, and I think I'm well respected ... my plan really is to keep building on that, and as far as the future, that's a whole different discussion that is going to have to happen. It

really depends on who is there. I think the main thing is, I'm hoping to see a council that is way more

focused on outcomes than on making speeches next term."

D'Angela, who is chair of the Niagara Regional Police services board said: "At this time, I'm just focusing on getting myself elected as a regional councillor ... I'm not going to worry about that until after the election."

Volpatti offered a similar response.

"I'm concentrating on the election," she said. "I haven't gone beyond that."

Badawey's announcement he would not seek re-election as mayor of Port Colborne, a position he held for 14 years, but would instead vie to become the south Niagara town's regional councillor, set off speculation he was eyeing the chair's position.

"Right now, I'm just simply focused on going into an election that hopefully will give me a seat on regional council," he told QMI Agency Niagara in early September. "Right now, my priority and focus is getting a seat on regional council and bringing local interests to that table."

Burroughs told QMI Agency Niagara back in August he would "love" another term as regional chair should he be re-elected Oct. 27.

"I would love it. I love my job," Burroughs said. "I can't wait to get to work in the morning and see what new issues we're going to tackle. But realistically, there are six or seven others who would also like the job, and I'm not even

slightly assuming I'll get it for another term."

Voting for regional chair this time around will be limited to those elected to regional council.

Previously, an unelected person was eligible to become chair provided they were nominated by someone on council. This played out in 2010, when former Welland mayor Damian Gough was

nominated for the chair's position even though he fell short in his bid for re-election in this last term of office so that now the chair must come from the ranks of those on council.

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LOCAL NEWS

LABOUR

NPCA field workers, planners join union

GREG FURMINGER
QMI Agency Niagara

Niagara Peninsula Conservation Authority employees have unionized. The Ontario Labour Relations Board

affirmed Sept. 30 that NPCA workers voted Sept. 3 to join OPEU/NUPGE (Ontario Public Service Employees Union/National Union of Public and General Employees).

"Whether it's about working condi-

tions or disgruntled employees — I don't see anything to it," Carmen D'Angelo, the NPCA's chief administrative officer, said last week of employees' move to unionize.

He said conservation authority workers are unionized elsewhere in the province. So, too, he added, are Niagara Parks workers.

"It's OK," he said. "We're standardizing all our labour practices and now we're doing it with the union."

There is no timeline established for negotiating a first contract, he said.

D'Angelo said the union will represent about 30 inside and outside workers including those in restoration, technicians, planners and parks field workers.

"These workers play a vital role in maintaining and preserving the natural beauty and habitats in the area, and ensuring that it isn't lost for future generations," OPEU president Warren Thomas said in a news release.

Thomas could not be reached for comment for this story.



FILE PHOTO

Niagara Peninsula Conservation Authority administration offices on Thorold Rd. in Welland.

D'Angelo, a former NPCA board member who took leave then was hired on as CAO this past spring, and who previously had been hired by the conservation authority as a consultant to implement a new management structure, said he was aware of the union drive long ago.

"I think this was two years in

development."

NPCA is responsible for management and conservation of watershed lands in Niagara and portions of Haldimand and Hamilton and operates 36 conservation areas.

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The Doctor Game
W. Gifford-Jones M.D.

Vitamin C : What You Don't Know About Its Multiple Benefits

I've previously written about Medi-C Plus, a high concentration of vitamin C and lysine powder, and how it can prevent and reverse atherosclerosis in coronary arteries. The combination is a revolutionary discovery. But vitamin C has many other amazing virtues.

Years ago, on long sea voyages up to 90 percent of sailors died from scurvy due to a lack of fruit and its vitamin C content. This vitamin is needed for the production of collagen, the glue that holds cells together. Without vitamin C the body disintegrates, blood vessels rupture causing massive hemorrhage and death.

Just 10 milligrams (mgs) of vitamin C prevents scurvy. But we need several thousand daily for other medical problems. For instance, millions of North Americans suffer from osteoarthritis. Without sufficient vitamin C to produce collagen, a major component of cartilage, bone eventually grinds on bone. There would be fewer joint replacements if more vitamin C were available to produce healthy collagen.

Rheumatoid arthritis, the inflammatory type, also requires large doses of vitamin C. Every moment of the day our bodies are using oxygen to keep us alive. But oxidation results in metabolic ash, known as "free radicals", which are believed to trigger an inflammatory reaction in joints. Vitamin C is a powerful antioxidant that helps to reduce damaging free-radicals.

Today billions of dollars are spent annually in North America on cataract surgery. The development of cataracts is a major degenerative disease and an aging population will require more of this surgery. Several studies show vitamin C can slow down the progression of cataracts.

The National Institute of Health reports that macular degeneration, a major cause of blindness, is a nutritional responsive disorder. Its study showed that vitamin C taken along with vitamin E, beta-carotene and zinc could also slow down the progression of this disabling disease.

Vitamin C fights what I've called generalized ascorbic acid deficiency disease (GAADD), by decreasing the risk of atherosclerosis, (hardening of arteries).

Every year in this country leg amputations are done due to a lack of blood supply causing gangrene of one or both extremities. Others lose eyesight from a blood clot in the ophthalmic artery.

The list of health benefits of vitamin C goes on and on. Dr. Robert F. Cathart, an expert on Orthomolecular Medicine, says people with asthma have low blood concentrations of vitamin C. He adds that, "A child having regular asthmatic attacks following exercise is usually relieved by high doses of vitamin C."

Here is a surprising fact that I wish I had known when I developed poliomyelitis during my final year at The Harvard Medical School. Unknown to my eminent professors, Dr. Frederick R. Klenner, a North Carolina physician, treated 60 patients suffering from this disease with massive intravenous doses of vitamin C. None suffered paralysis.

Klenner also discovered that large doses of vitamin C could cure viral pneumonia, hepatitis, chicken pox, measles, mononucleosis, pancreatitis, lockjaw, cystitis and poison ivy.

Vitamin C works by neutralizing viral toxins and stops the formation of new viral units. Or as Dr. Klenner wrote, "Unless our white blood cells are saturated with vitamin C, they are like soldiers without bullets."

I ended a recent talk by stressing that C is an amazing vitamin since it cures so many diverse problems. This vitamin bolsters the immune system and decreases the risk of shingles, promotes healthy gums, guards against mercury and lead toxicity, decreases wrinkles and even neutralizes the venom of rattlesnakes.

At the close of the meeting, a friend standing near the exit door could hear the remarks of those leaving. I would have thought that, having discussed how high doses of vitamin C and lysine could protect against life-threatening heart attack and stroke, this would be foremost in the minds of the audience. But I was terribly wrong. The women were all talking about how vitamin C fights wrinkles!

I find it tragic that 99.9 percent of doctors are unaware of the many medical benefits of vitamin C which could prevent many catastrophes. Medi-C Plus is available at The Healthy Cupboard.



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Kevin Langerak, General Manager, Oskam Steel Fabricators

■ SOCIAL: Stroke survivors group hosting talk with frank, open discussion

Verbal abuse painful, debilitating, demeaning

CHERYL CLOCK
QMI Agency Niagara

Her words stung as she issued her husband an ultimatum: "You've gotta start doing things for yourself, or I'm gonna put you in a nursing home!"

George Stafford had survived two strokes, and his wife, Eileen, was suffocating under her role as his caregiver. She was everything to him. She was his security blanket and felt guilty for having time to herself. She hardly slept at night. If he fell and she wasn't home, she felt guilty for not taking better care of him. If she was away, she'd phone every half hour. If he didn't answer, she'd race back to make sure he was OK.

She thought: If he could only be more independent. More self-reliant.

Her words had been pent up for a long time. And when they spilled, it was like a dam of frustration bursting.

And, yes, regret was instant. "I felt guilty and I felt bad and I apologized," says Eileen, 77.

She loved him. Cared deeply for him. She married George when she was 16. Had three kids by the time she was 22. And felt like "an old lady" when her fourth came at age 27.

They used to dance up a storm at the legion, St. Catharines Branch 24 on Church St. After the strokes,

George developed COPD — chronic obstructive pulmonary disease, and died in 2012. They were married 59 years.

He hated being alone. And the guilt of leaving him at home ripped her apart. He fell one day at his daughter's house, and cracked two ribs. And even though his daughter was home, Eileen bent herself up for not being there, too. "I wasn't there and I felt really bad," she says.

"It's my fault. I should have been there to help him."

Months of being a caregiver had worn away at her patience. Her ability to cope.

"Who do you take your anger out on? The person closest to you. The person you love," she says.

One of her coping tools was a group of other caregivers she met through Survivors of Stroke Niagara. They'd get together every month, and somehow the simple act of talking and sharing, subdued the intensity of her frustration at home.

She called the discussions Eileen's Blotch Sessions. (Humour is a good coping tool, too.)

And she discovered that her feelings were shared by other caregivers.

Often, she'd hear comments like: It would be nice to be appreciated once in awhile.

I can never do anything right.

I'm tired too.

I don't have a life anymore.

The SOS group is hosting a discussion on verbal abuse today, by caregivers and by care receivers. It usually happens in private. It doesn't leave physical evidence, like bruises. There are often no witnesses to validate their experience. And it's painful, debilitating and demeaning, says Mary Cyr, the session's organizer.

"We have to take this subject out of the closet, bring it out and talk about it," says Cyr, 80.

Her husband, Ted, had two strokes and died in 2011 at age 79 of an unrelated medical condition. They were married 56 years.

There were moments when his own frustrations ate away at his patience. Mary could be busy making dinner, and Ted would insist she come to him immediately. "Nothing else is more important than what they want in that moment," she says. Other times, after she had helped him cut up food at the dinner table, he'd tell her: "You didn't do it right."

"It wears you down," she says.

The discussion is not about assigning blame, but about having an open talk so people can identify verbal abuse, understand why it happens, and find the coping tools to handle it, she says.

Caregivers burn out and wear out. "A stroke happens to a family, not just the person," she says.

Continued on next page



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■ **SOCIAL:** Stroke survivors group hosting talk with frank, open discussion

Verbal abuse painful, debilitating, demeaning

From previous page

Verbal abuse is a pattern. Not one day when you said something bad, says Heather Kilby, Brock nursing professor and the event's guest speaker. In private practice as a psychotherapist and counselor, she has counselled abusive parents, and men who abuse.

At it's mildest, verbal abuse is about using words to discount and trivialize someone who is vulnerable and dependent on you for their care, attention and love, she says.

It can escalate to accusing, blaming, judging, criticizing and name calling. In the extreme, ordering someone around, controlling their

freedom, deriding their friends and yelling.

"It's insidious and it makes a person feel devalued," says Kilby.

"The only source of information about who you are is coming from the person who is abusing you." Sometimes the abuse is intentional. Other times, the person is unaware.

Many times, the victims don't speak out. "If you depend on someone else to care for you, you're not likely to report the person," says Kilby.

"People who live with verbal abuse are damaged by it. They don't have their voice," she says.

She is neither condoning the

abuse, or blaming the abusers.

"It's about understanding the complicated mix of circumstance and emotion that contributes to it: a caregiver feels overburdened and tired; they have no other supports; they are functioning on little sleep, without breaks; they never learned healthy ways to deal with stress; the caregiver did not have a good relationship with the person before they became ill; they have no training they are unwell or aging themselves; and they are burdened with new financial responsibilities.

Many times, Eileen handled the stress with humour.

One time, George was yelling

because he'd slipped and fallen in the shower. Eileen came running to his aid, but in the chaos, turned the water to ice cold, instead of turning it off.

She's trying to pull him out of the tub. They're both drenched. And she starts laugh-

ing. "You looked like a beach whale, hum," she told him.

"I could have got killed," he said.

"Yeah," she conceded, "but you're still here."



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LOCAL NEWS

■ **ECOLOGY:** Ontario environment commissioner calls for province to limit use of neonicotinoids

Beekeeper not convinced pesticide behind bee deaths

BOB HOULE
QMI Agency Niagara
George Dubanow is dubious.

The Niagara-on-the-Lake beekeeper, who is also president of the Beekeepers Association of Regional Niagara, said he is not "fully convinced" blame for declining bee populations is the result of the widespread use of the neonicotinoid family of pesticides.

"I don't think neonicotinoids are that bad," Dubanow said, admitting his view is not shared by the Ontario Beekeepers Association.

Neonicotinoids are applied as a coating to 95% of corn seeds and 65% of soybean seeds.

Health Canada's pest management regulatory agency (PMRA) has acknowledged the effects of neonicotinoids on pollinators and implemented protective measures for their use for the 2014 planting season, including limiting the amount of dust released into the environment during the seedling process.

The dust containing neonicotinoids, which is a neurotoxin, is believed to be a contributor to the decline in pollinators as the settled dust then runs off the land in rainwater into ditches where it is consumed by bees and other insects and birds.

In late 2013, the European Union instituted a two-year moratorium on the use of neonicotinoids in the face of declining honey bee populations. That ban is being fought in court by the makers of neonicotinoids.

Here in Canada, the National Farmers Union in December 2013 called for a "precautionary five-year moratorium on the use of the neonicotinoid seed treatments for field crops and for independent research to be done."

In September, a group of Ontario beekeepers served notice they were seeking class-action status to sue Bayer (Crop Science) and Syngenta, claiming the chemical companies were negligent in the manufacture, sale and distribution of neonicotinoids in Ontario that caused beekeepers significant financial losses. The beekeepers said they would be seeking \$450 million.

Minister of Agriculture, Food and Rural Affairs Jeff Leal announced in July he was moving to limit the amount of neonicotinoids applied to Ontario's farm fields.

On Tuesday, Gord Miller, Ontario's minister of the environment, released an annual report with a scathing commentary on the use of neonicotinoids.

"All the science is not done, but everything I have before me ... suggests to me as an ecologist that this is the biggest threat to the structure and ecological integrity of the ecosystem that I have encountered in my life. Bigger than DDT," Miller said last Tuesday, following the release of the report.

DDT was an insecticide widely used until it was banned in the 1970s after studies showed it was hazardous to wildlife and the environment.

Miller urged the province to act independently of the federal government in phasing out the use of neonicotinoids and to return to a system of integrated pest management — crop rotation, bio controls — that would see the use of pesticides as a last resort.

Dubanow, a fourth-generation beekeeper of 20 years, said he believes a decline in the bee population is more likely the result of drought, varroa mites, diseases or beekeepers not paying close enough attention to the hygiene of hives.

He cited as an example the health of his bees feeding at a clover field in Niagara-on-the-Lake this summer where corn was planted last year.

"My bees were collecting clover (pollen and nectar)



George Dubanow is photographed by his bee hives in Niagara-on-the-Lake on Wednesday, October 8, 2014.

from the beginning of June till now, and that means my bees should be poisoned from the systemic neonicotinoids which are in the ground, because the pollen and the nectar would be sucking up those poisons from the ground ... my bees haven't died."

Dubanow said beekeepers who claim neonicotinoids have killed their bees should provide proof by having their dead bees and honey tested for confirmation, "but they're not doing that."

Dubanow said if neonicotinoids where indeed behind colony collapses, it would be most prominent in Western Canada where 100% of canola seeds are coated in the pesticide and beekeepers there who have pollination contracts on canola have

not reported mass die-offs of bees.

"So that opened up my eyes, and I said, wait a minute, there's something going on here. We're being duped."

He said he knows of many corn fields who have not been affected.

"So that tells me there's something else going on," Dubanow said.

For George Scott, managing director of Niagara Beeaway, there is no question neonicotinoids are behind the mass destruction of bees.

"From the Niagara Beeaway viewpoint — we do the actual testing — and the lethality of (neonicotinoids) cannot be questioned," said Scott, who is also a Wainfleet beekeeper and petrochemical company

executive.

Scott, who has lobbied all levels of Canadian government warning against the dangers of neonicotinoids, said while 100% of his bees in 25 hives survived Niagara's harsh winter, he lost 70% of them when they began foraging for food and water in the spring. Testing, he said, shows the bees died from neonicotinoid poisoning he attributes to residual pesticides in soil and in pooled water on farm fields and runoff in ditches.

"You can't say it's not having a negative effect on bees. That's why 800 peer review studies are happening," Scott said.

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LOCAL NEWS

■ **HEALTH:** Toddler, parents learning to live with asthma

Fighting for air

CHERYL CLOCK

QMI Agency Niagara

If her son laughed too much, she would tell him to stop.

Too much laughter meant he would inevitably start coughing. And after nearly two years of dealing with his respiratory problems, trips to the doctor, coughing at night that turned into unexplained coughing spells during the day if he laughed, cried or ran around too much, and after existing with a plethora of puffers for most of his life, she lived with one, overwhelming fear: he will stop breathing.

Mom Victoria Pullar knows how absurd it must sound — that she was scared to let her kid be a kid.

But before 2½-year-old Sean was diagnosed with asthma, and before she learned how to manage it with help from the asthma clinic at the St. Catharines hospital, she lived with that exhaustive anxiety.

It began when he was four weeks old. He contracted an upper-respiratory virus that turned into pneumonia. In fact, he would have pneu-

monia four times before he turned two. And in the times between, he always seemed to be fighting a cold and cough.

For the first six months of his life, his parents took turns holding him in a rocking chair through the night, keeping him upright and listening to him breathe though their own quasi-sleep.

When he was older, he slept in a crib in his own bedroom, his mattress raised at one end to help him breathe better and cough less. They tried everything. Cool mist vaporizer. Window open. Windows closed.

Always a baby monitor at their bedside. Listening. When they heard him cough, at least they were reassured he was breathing.

"If we didn't hear anything, we worried," she says. "Every sound, we'd get up and check."

For nearly two years, it continued. Wore on her. "I wasn't responsible for the time to do things myself," she says. Until their family doctor suspected asthma, sent them to a pediatrician, who confirmed it. All the symptoms added up — the coughing, the repeated

times when he was sick, the shortness of breath when he ran around.

Just before he turned two, he had his first visit to the asthma clinic where he saw registered respiratory therapist Diane Michaud.

She helped his parents, Victoria and Ryan, develop a plan, so they would know what to do for specific symptoms.

Asthma happens when inflammation inside the bronchial tubes — the airways to the lungs — make it difficult for air to flow through the smaller, swollen passageways, and muscles are so tight air can't pass through easily.

The goal is to manage the condition to the point of no symptoms, says Michaud. No coughing or wheezing. No shortness of breath. No sleep interrupted by coughing.

According to the Asthma Society of Canada, nearly 16% of children aged four to 11, 11% of youth aged 12 to 19, and 8% of adults have asthma. It seems as children grow into adults, the symptoms go away, although the reason is unclear, says Rob Oliphant, president and CEO. And it sometimes returns,

FOR MORE INFORMATION

Asthma Action Helpline:
1-888-344-5864. www.on.lung.ca or www.KidsAsthma.ca
Asthma Society of Canada: 1-866-787-4050
www.asthma.ca

he says.

Indeed, there are many different types of asthma — childhood asthma, asthma caused by allergies, pregnancy-induced asthma and asthma triggered by exercise, occupation (think hairdressers), even adult onset.

But among children, September is the worst for visits to hospital. Experts believe it's due to children not using their medications in the summer; fall allergy triggers; mold and dust mites in schools that have been closed over the summer and being around children with colds, which can trigger an attack in a child with asthma.

In one year, from April 13 to March 2014, there were 555 visits by youths 18 years and younger to the Niagara Health



SUPPLIED PHOTO

Sean Pullar, 2-1/2.

System's emergency departments and urgent-care centres because of asthma.

And while there is no consistent guideline among school boards, the Asthma Society wants all children with asthma who have been prescribed a puffer to be able to carry the inhaler and use it themselves while at school, with a spare kept at the school office.

An Elgin-Middlesex-London MPP is trying to have a law passed that would, among other things, let children with asthma carry an inhaler with them at all times. It would be called Ryan's Law, named after 12-year-old Ryan Gibbons, who died after an asthma attack at his school in 2012. His inhaler was kept locked in the principal's office.

Empowerment is everything, whether you're a child or parent. At the first visit to the asthma clinic, Victoria broke down and cried. "It was such a relief to have a plan,"

she says.

"To know what I was doing. To feel confident that I was doing the right thing."

Since then, Sean has gained weight because he's eating better. And this summer, his parents bought Sean and his older brother, five-year-old Mackenzie, an inflatable bouncy castle. Sean bounces around until he's hot and sweaty — an activity that would otherwise have worried Victoria, and triggered a coughing spell in Sean.

He played soccer this summer and runs around so much, his mom has trouble following him with a video camera.

Michaud wants parents to understand that asthma can be controlled. That it shouldn't prevent kids from being kids.

"It shouldn't stop you from doing things you want to do," she says.

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LOCAL NEWS

BUSINESS

Sears CEO celebrates Welland store's 25th year

DAN DAKIN

QMI Agency Niagara

The Welland Sears location marked its 25th anniversary last Tuesday, but the company's CEO said making it through another 25 years of doing business.

Sears Canada president and CEO Doug Campbell, who announced two weeks ago he will leave the company later this year, told store employees inside the Seaway Mall location that loyalty is the brand's "competitive advantage."

"If you walked to the other end of the mall or down the street to The Bay, I don't know they would have an origi-

nal eight," he said after recognizing eight current Sears employees who were hired a month before the store opened in 1989.

"There's so much loyalty in our stores."

Among that group of Day 1 employees is Kim Nickel, who said there's also loyalty with shoppers.

"Our customers have always been kind of an older base, but they're loyal. It seems like you know everyone by name, or at least by face," she said.

Sears Canada has struggled financially in the past few years, and Campbell's impending departure is looked at by some experts as another bad sign.

But the outgoing CEO said things are still good.

"If you take a look at our last quarterly financial statements, we're in a very good financial position," he said. "We have the cash on hand, the resources, a lot of assets to fund whatever transformation initiatives you want to put in place."

He said the company is trying to keep itself relevant by not offering a uniform format in every market.

"One of the big strategies we have is taking a more community-based and local

approach, rather than a national approach," Campbell said. "To say like McDonald's, where a McDonald's here is the same as one in Vancouver, isn't the way we need to approach Sears."

In Toronto, for example, stores are tailored more toward higher-end fashion lines.

The help keep the Welland store — and similar small-market locations — competitive, Sears has unveiled a "Plus" format that refers to stores heavily signed with discounted prices.

"It's not distressed or last season's goods. It's this season's merchandise, but always on sale at a great discount," said Campbell.

He said local store managers are also being given more power to make decisions on everything from what's in the store to how advertising dollars are spent in the community.

"From marketing to merchandising, we have to make sure the store fits that community," he said.

That puts the pressure on the shoulders of Welland store

general manager Jacqueline McCallum, who said customers are enjoying the new format.

"We've seen an increase in sales," said McCallum, a Smithville native who has worked at three other Sears locations in Hamilton and Burlington. "The customers love that they're getting an extra percentage off. Those loyal customers are coming back to shop again and again."

dan.dakin@sunmedia.ca
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DAN DAKIN/STAFF PHOTO

Sears Canada president and CEO Doug Campbell speaks at the Sears location inside the Seaway Mall Tuesday morning. The store was marking its 25th anniversary.

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■ POVERTY SERIES

Taking direct aim at poverty

CHERYL CLOCK
(M) Agency Niagara

Subsidized or no-cost bus passes. Flexible childcare hours for shift workers. Improved customer service for social assistance clients. And a poverty reduction strategy with targets and timelines.

Just some ideas in a new report from the Niagara Poverty Reduction Network on exactly what municipal and regional governments can

and should do to take direct aim on poverty.

And it's sharing the report with local political candidates.

Think of it as a conversation starter, especially as the municipal election approaches, says Elisabeth Zimmermann, NPRN chairperson and executive director at the FWCA.

"There's not been a conversation around how we're supporting the most vulner-

able in our community," says Zimmermann.

Niagara needs a poverty reduction strategy. A plan to connect the dots. To keep the region and municipalities on track, says Zimmermann.

"It means that when you form policy or make decisions, you measure it by asking, 'Is this helping people to move out of poverty?'" she says.

A strategy would touch on issues like transportation, childcare and housing, set-

ting targets and timelines, she says.

And yes, to be fair, local government has its share of challenges — namely a smaller tax base, and shrinking federal and provincial government investments. Yet, social infrastructure needs to be as important as the physical, she says.

Briefly, here are some ideas from the report:

Transportation: Subsidized or no-cost bus passes. "It's can-

DID YOU KNOW?

Niagara's Ontario Works caseload has increased by 50% since 2008, provincial average increase during same period was 22%
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Source: Niagara Poverty

Reduction Network

More information:
For more details on the Niagara Poverty Reduction Network's report, Creating Shared Prosperity and Leading by Example, visit www.wipeoutpoverty.ca/

be the difference between getting to your job and not," says Zimmermann.

While there are gas and bus pass subsidies available for some people on Ontario Works and the Ontario Disability Support Program — if they're looking for work or need to travel to medical

appointments —

it should be available to a broader range of people living in poverty, including the working poor.

It also needs to address the fact that not everyone works a 9-5 shift, she says.

Continued on next page

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■ POVERTY SERIES

Taking direct aim at poverty

From previous page

Economic development: People need jobs that pay a living wage. "We need to create jobs that will pay them enough to keep them self-sufficient," says Zimmermann.

Development: Give municipalities the power to ensure developers of new-builds include some affordable hous-

ing units. "Right now, it's too piecemeal," says Lori Klein-smith, chair of the NPRN's advocacy committee and health promoter at Bridges Community Health Centre in Port Colborne.

Decisions that affect communities need to be made through the lens of poverty, says Angela Browne, a paral-

egal who advocates for issues facing the poor.

Case in point, Western Hill. It's high school, West Park secondary, has closed, and so has it's community pool. The closest library is downtown. Even getting to Seymour-Hannah requires a car or bus trip. "It affects quality of life," she says. At night there is no close bus

stop to city's newest pool — the Kwanis Aquatics Centre. And how about improved customer service for social assistance clients. She has represented people whose cheques have been withheld due to red tape and paperwork.

Brian Baty, regional councillor, points out that since 2008, Niagara has funnelled \$1.5 million of its own dollars annually into poverty reduction and prevention through the Niagara Prosperity Initiative.

However, he'd like to see the region continue to lobby provincial and federal governments for a more equitable share of funds for homelessness.

And regional councillor Brian Helt wants government to rethink old assumptions. "We keep doing the same things over and over again and it doesn't work," he says.

"We invest heavily in the physical, bridges and roads," he says. "When they are crum-

bling we have to deal with them right away."

Social infrastructure merits the same urgency. Niagara should lobby higher levels of government for more affordable housing funds, and direct more resources to the poor, rather than high paid staff to handle paperwork.

"I'd rather flow money back to the people who are desperate," he says.

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LOCAL NEWS

■ **WILDLIFE:** Headlines about mountain lions elsewhere in Ontario and Alberta fuel thoughts about this region's elusive cat

Is a cougar still on the prowl in Niagara?

OREO FURNINGER
QMI Agency Niagara

The shooting of a cougar at a Calgary hospital last month, and the trapping of one south of Hwy. 401 this summer, gives pause to think about Niagara's most elusive feline.

The cougar.

While DNA testing several years ago confirmed the presence of at least one cougar in south Niagara, there's been no confirmation it's still prowling about in the region's wild.

Chris Davies, head of wildlife research for the Ontario Natural Resources Ministry and an adjunct professor at Trent University, says there's a long-running joke with his colleagues about penning a book on the oft-talked about subject: "1,001 Reasons Why I Didn't Get a Picture of the Cougar."

That's not to be confused with the other pan-

tom feline that has captured most of Niagara's attention over the past decade.

The so-called "black panther" — or some type of other exotic feline — that may have been seen in recent months.

Niagara's big, black cat sightings were most common in areas of Fort Erie in 2000 and 2001, but big cat sightings have been reported sporadically over the past decade.

An August 2010 story that ran in Niagara newspapers showed a sharp photo of what appeared to be a big, black cat caught on a hunter's automatic "critter cam" in a farmer's Wainfleet field in late April of that year.

In May 2011 a "black panther" was reported to have been seen roaming around Welland's Dain City area, where it was also said to have been seen six months earlier.

More recently, on Feb.

12 of this year, a Pelham woman captured on film what she described as "a very large, large cat" walking opposite her Foss Rd. home in a wooded field that connects to a large pond where children skate in the winter and which backs onto Pelham's Harold Black Park.

"I am convinced it was either a panther or another large, black, exotic cat," Michelle Gretzinger says.

Her video posted to YouTube the next day and called "Big black cat in Fenwick" as of Monday had been viewed 65 times. It can be seen at www.youtube.com/watch?v=dmC_HJTRY-dlw.

Most recently, in early August, Pelham residents pointed to a large black cat as a possible killer of pet cats in the Welland Rd. and Effingham St. area.

Davies suggested coyotes as a possible culprit.

But back to the cougar.

The ministry classifies the Eastern cougar in this province as extinct. The last one was shot and killed near Collingwood in 1884.

But while it has been estimated there may be as many as 500 cougars now roaming Ontario, that's within an area measuring 1.2 million square kilometres.

Those "free-ranging" cougars, Davies says, fit into three — maybe four — categories: the most likely being they are zoo escapees, were grown pets deliberately released into the wild or migrants from the U.S. Midwest.

The fourth possibility is that it "could be a remnant" of the native cougars that went extinct here in the 1800s.

While there has been solid evidence that they are in Ontario, there is nothing to suggest from where the cougars came.

Through DNA testing, the



This black cat was captured on a hunter's automatic "critter cam" near a pile of rotten feed in a farmer's Wainfleet field in late April 2010.

ministry confirmed that scat discovered in Wainfleet Bog in 2005 was that of a cougar.

A paper by the MNR's top cougar man, Rick Rosatte — titled Evidence Confirms the Presence of Cougars (Puma concolor) in Ontario, Canada — shows 497 pieces of evidence confirmed that cougars were present in Ontario from 1991 to 2010, including scat, hair, DNA, tracks and photos.

In 2006, Rosatte established a cougar research network consisting of 89 biologists and wildlife technicians. As part of its work, trail cameras were set up across Ontario by ministry staff. From more than 17,000 camera-nights between April 1, 2009, and Dec. 31, 2010, no definitive photographs of a cougar were captured.

Continued on next page

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LOCAL NEWS

■ HEALTH CARE

Time of ER stays falling at NHS

GRANT LAFLECHE
QMI Agency Niagara

Niagara Health System says it has made serious progress in reducing the amount of time patients stay in the emergency room before being admitted to hospital.

Derek McNally, NHS executive vice-president of clinical services, said ER stays have been cut by approximately 30% from the spring, when they were as long as two days.

When the NHS took stock of

how long patients were staying in the ER in the spring, the numbers were not good.

"We were definitely not performing well," McNally said last Wednesday. "At that time, a patient that was in the emergency department and going to be admitted was in the department for up to 48 hours."

That figure does not represent two days of waiting to see a doctor. The clock starts running when a patient is triaged in the ER and doesn't stop until the patient is placed in a bed elsewhere in the

hospital.

McNally said by changing processes, working more closely with other departments and improving their bed management system, the NHS was able to reduce the length of stay to just under 34 hours.

"That is a considerable improvement, but we still have more work to do," said McNally who said the NHS is aiming to get to 28 hours.

McNally points out that these long stays in the emergency room are not typical for most patients.

These are stays for 10 of ER patients who need to be admitted to hospital.

The lengthy waits are caused by difficulty in moving patients from the ER to appropriate beds in the hospital. Demand for beds is always high and when there are no free beds, patients have to wait. This can cause a domino effect, increasing stays in the ER and even waits to see a doctor as the caseload backs up.

It is not a problem unique to Niagara. Last week the Canadian Institute for Health Information released a report looking at the length of ER stays, and found it to be an issue from coast to coast.

Agnita Pal of CIHI said the institute looked at more than 10 million ER visits in Canada, a figure that represents about 60% of all ER visits.

They found one in 10 ER patients spent nearly 29 hours in an ER before being admitted.

Pal said they also looked at patients older than 65 and found one in four seniors were being admitted from the ER and

stayed more than 25 hours.

Pal said hospitals across the nation are starting to change their bed management programs to try and improve the situation.

However, she said a significant part of the solution won't be found in hospitals themselves.

"Many hospitals are look at community based care for people who do not need to be admitted to a hospital, but can receive care at home or another facility," she said. "Improvements to other parts of the health-care system are very important."

McNally said NHS staff meet twice daily to review the case load in the ER and where beds are available elsewhere in the hospital system.



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L to R: Frank Stewart, Sandy White, Whites' Insurance, Christine Clark-Lafleur, Amanda Upper, Port Cares, Daria Zacharchuk, Michael Stefaniuk, Sandra Elliott and Lindsay Sathmary, Whites' Insurance.

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Wainfleet Household Hazardous Waste Day

Saturday, Oct. 25, 8 a.m. - 12 p.m.
Wainfleet Arena (parking lot)
Park Street, Wainfleet

This event is open to all Niagara region residents. No commercial, institutional or industrial waste is accepted.

Gasoline will not be decanted at the depot. The container and the contents will be taken for safe disposal.

Please refer to www.niagararegion.ca/waste for a full list of acceptable materials and packaging and handling requirements.

All material that is brought to the event is recycled, reused or disposed of in a safe and proper manner.

Waste Info-line: 905-356-4141
Toll-free: 1-800-594-5542

Niagara Region

Space provided through a partnership between industry and municipal municipalities to support waste diversion programs.

The Wainfleet Lion's Club will also be holding its annual food collection drive for area food banks.

Examples of Acceptable Household Hazardous Waste (HHW)

- Aerosol cans
- Batteries
- Cleaners
- Gasoline
- Lawn care products
- Motor oil
- Pool chemicals
- Paint
- Propane tanks
- Solvents
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These four wines prevailed over the nearly 1,350 submissions tasted at this year's InterVin competition.

Our category champions for red, white, dessert and sparkling hail from Australia, Canada and Spain. Our diligent judges saved their highest scores for an affordable yet serious Cava, a honeyed late harvest Sauvignon Blanc, a fragrant Pinot Blanc and a splurge-worthy Barossa Shiraz.

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Clos du Soleil Wines
2013 Sature Select
Late Harvest Okanagan Valley \$28.90/375 mL (742676) This exotic and honeyed late harvest Sauvignon Blanc bested icewines and other more expensive wines to take top honours in the sweet wine category. Judges loved its luscious core of tropical fruit and intensely perfumed nose that presented a range of textbook ripe Sauvignon Blanc notes. closdusoleil.ca

PLATINUM PLUS

Wolf Blass Wines
2008 Platinum Label Shiraz (Barossa, Australia) \$125 InterVin's top-scoring wine overall was this ripe and appealing red from Wolf Blass. Loads of black fruit on the palate with grippy, chewy ripe tannins and expansive fruit. Its opulent structure, full-bodied character and complex array of ripe fruit, meat and savoury notes led Sue-Anne Staff to label it "a rock star."

CHOICE CAVA

Segura Viudas Brut Reserva Cava Spain \$14.25 (216960) This year's competition was a strong showing for Cava, with three serious contenders making it to the final. Segura Viudas' classic Brut bottling won the day with its lively mousse, crisp character and refreshing finish. Ranked as a Best Value Winner, the stunning quality for the price makes this ideal for entertaining or everyday enjoyment.

INTO THE MYSTIC

Wild Goose Vineyards 2013 Mystic River Vineyard Pinot Blanc Okanagan Valley \$19 A back-to-back InterVin gold medalist, Wild Goose's single-vineyard Pinot Blanc not only struck gold this year, it finished as InterVin's top-scoring white of the competition. Impressive freshness and fragrance, depth of flavour and length made this stand out from the crowd. wildgoosewinery.com

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CHARITY

'Sleep Cheap has staying power' Make your reservations now

RAY SPITERI
QMI Agency Niagara

It's that time of year again. Niagara residents only can book rooms at some of Niagara Falls' fancier hotels at reduced prices — and local charities will be better off for it. Sleep Cheap Charities Reap is

back for its 11th year as reservations for 24 hotels can now be made. It will run from Nov. 9 to 13. Minimum donations start at \$35 a night for a standard room, \$45 for a Fallsview room, \$65 for a whirlpool room and \$85 for a room with access to a waterpark.

All of the money raised will go to

local charities.

More than \$130,000 was raised from the popular event last year. Since Mayor Jim Diodati created the fundraiser in 2003, it has raised more than \$1.3 million.

Charities interested in receiving a donation from the event can apply to the Sleep Cheap commit-

tee at www.niagarafalls.ca. The deadline to apply is Nov. 19 at noon.

Recipients will be selected by the committee and will be announced in December.

Diodati said Sleep Cheap raises between \$130,000-\$150,000 each year and that he never imagined the event would grow to be as popular as it is today.

"The great thing is 100% of the money goes to charity. There is no administrative expense. All it stays in Niagara and all the charities, although not exclusively, must service Niagara Falls residents in some way and they have to be a Niagara-based charity," he said.

"All the major properties in Niagara Falls participate and they do so willingly, there is no arm twisting. There would be no Sleep Cheap if not for the generosity of the hoteliers and the tourism industry."

Diodati said the event is popular because it allows the hotel industry to give back to the community, while locals get an "amazing deal at world-class properties, whether it be a romantic break for couples or a family-friendly break."

"Sleep Cheap has staying power, it has not fizzled out. It is growing in popularity."

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■ HAUNT MANOR: Massive scary attraction back for 5th year



MIKE DIBATTISTA/STAFF PHOTO

Phil Van Kleef and his team are starting to set up for the annual **Haunt Manor** at his **Lundy's Lane** campground. The entire production at **Campark Resorts** in **Niagara Falls** is one of the country's largest haunted attractions, taking months to set up.

Let the screaming begin

JOHN LAW
QMI Agency Niagara

It's time for Phil Van Kleef to make grown men scream again.

Every September, the corn stalks, creepy-crawlies and body parts come out at his **Lundy's Lane** campground. And every year, plenty of tough guys can't take it.

"I had a team of football players in the ghost tunnels, as we call them," says the spook specialist behind the annual **Haunt Manor** at **Campark Resorts**. "They screamed like a five-year-old girl and fell on their backs, all of them."

The annual fright fest, which caught the attention of *Fangoria* magazine last year, returns starting Friday night, and Van Kleef promises more effects, actors and screams this year. The already long hay ride has been extended to one kilometre, and people will enjoy a few additions, including the **Witches Cavern**, 3-D **Freak House** and illusionist **Edward Stone**.

The entire production — one of the country's largest haunted attractions — is so complex it takes months to set up. All to give people a good scare.

In addition to the grisly effects, about 30 performers roam the grounds tormenting visitors, popping out when least expected. They're all trained actors who know how to rattle people. Some, like **Chewy the Clown**, have become recurring characters.

"They've made their own backgrounds and have actual fans."

As a kid, Van Kleef loved attractions like **Pirates of the Caribbean** at **Disney World**, and knew his dad Peter's spacious campground on **Lundy's Lane** would be perfect for an interactive horror attraction.

He invested about \$150,000 for the first year in 2010, and since then has put nearly \$500,000 into making it an eerie event.

"My dad thinks I'm crazy, but once it starts up, he's like, 'Oh, wow.'"

Considering the lengths he goes, it's surprising that Van Kleef isn't a horror fan. He liked the look in the movie **Sleepy Hollow**, and aims for that theme — more gothic horror than slasher. But it's still not for the faint of heart — a separate **Children's Day** is held Oct. 11 minus the gore and mayhem.

About 5,000 people showed up last year, says Van Kleef. The busiest weekend was the one before Halloween, with three-hour lineups to get in.

Even while waiting in line, performers keep the crowd engaged with a theatre show.

People who don't want to take the full \$35 tour (hay ride and haunted houses) can do each on their own for \$20.

The full experience takes more than an hour.

Screaming football players aside, has Van Kleef ever scared anyone too much? "No. Everyone walks out laughing."

john.law@sunmedia.ca

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- Phone numbers, including mobile or work numbers that are appropriate to contact you at
- Address, especially when items are requested to be delivered
- Allergies and medical conditions. This will ensure that the pharmacists can properly evaluate the appropriateness of any new or existing medications.
- Drug coverage information. Did you receive a new insurance card from your employer? Confirming that this information is up to date can save yourself time when you come to pick up your medications.

2. ALWAYS CHECK IF YOUR PRESCRIPTION HAS REPEATS BEFORE YOU COMPLETELY RUN OUT OF MEDICATION. IT MAY TAKE US SEVERAL DAYS TO HEAR BACK FROM DOCTORS OFFICES FOR REPEATS, ESPECIALLY IF THE OFFICE IS CLOSED, OR IF YOU COME IN ON A WEEKEND. KNOWING HOW MANY REPEATS YOU HAVE ON A MEDICATION, AND ENSURING THAT THE PHARMACY HAS ADDITIONAL REPEATS ON FILE BEFORE YOU RUN OUT CAN SAVE YOU TIME AND FRUSTRATION.

3. KNOW IF YOUR MEDICATION HAS A DISPENSING INTERVAL. SOME MEDICATIONS (NOT LIMITED TO BUT OFTEN NARCOTICS AND CONTROLLED SUBSTANCES FIT INTO THIS CATEGORY) ARE PRESCRIBED BY THE DOCTOR WITH AN INTERVAL BETWEEN THE DATES THAT THE MEDICATION CAN BE FILLED. FOR EXAMPLE, IF THE DOCTOR ASKS FOR THE MEDICATION TO BE FILLED WITH A 30 DAY INTERVAL, THE PHARMACY HAS AN OBLIGATION TO DISPENSE THAT MEDICATION EVERY 30 DAYS.

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■ **MERIDIAN CENTRE:** Spectator facility impresses in media tour

New arena has
'wow' factor

DON FRASER
QMI Agency Niagara

It's the biggest, most advanced arena ever built in Niagara. And there isn't a bad seat in the house.

Among the standout qualities of the new \$50-million Meridian Centre is a design that creates a flawless view of the ice.

"It's an open bowl — no matter where you sit, you're going to have a great seat. This really is a pretty spectacular and beautiful building," said marketing director Kay Meilleur, who spoke before a sneak peek media tour of the complex located in the former lower parking lot.

The City of St. Catharines-owned facility will be operated by SMG, and is the new home of the Niagara IceDogs, who play their home opener tonight. Among other features, it will also be a sports and entertainment complex. Dallas Green, who performs as City and Colour, is set to play as the centre's official opening act on Tuesday, Oct. 21.

The 160,000-square-foot facility — which officially broke ground in December 2012 — will have 5,300 seats for hockey games and room for 5,000-plus during concerts.

It also has sections of retractable seats at one end that can be moved to allow band crews to seamlessly set up or tear down stages.

Another feature is a St. Catharines sports wall of fame and new hall of fame with glass cases.

The stunning IceDogs dressing room is near a well-appointed training area, and space is available for six other dressing rooms.

Before the tour, Mayor Brian McMullan spoke of the "wow factor" expressed by people who've explored the facility.

"Even for myself, it has turned out far better and has exceeded my expectations," said McMullan, over the banging and clacking noises of the IceDogs practising on the ice.

"So many people have had a hand in making this facility a reality."

The centre was also built on time, and on budget. Outside it features two bridges, worth \$2 million, that were donated by Tom Rankin, whose company partnership Ball-Rankin Construction was awarded the construction contract.

Meridian executive Wade Stayer spoke of his credit union proudly agreeing to a "partnership" rather than a sponsorship. Meridian got the naming rights for the facility after a donation of \$5.23 million over 25 years.

"I'm sure the Meridian Centre is going to live up to your expectations of being a first-class spectator facility," he said.

Rick Lane, the city's director of corporate strategic initiatives, praised the building's craftsmanship and "best practices" gleaned from other spectator facilities.

"What's the 'wow' factor? — the building and its workmanship," he said, adding the site had a perfect construction safety record.

IceDogs owner Bill Burke was equally effusive.

"We moved in last Monday. The hockey side, after hockey practice yesterday, came marching over," Burke said.

"In my business career ... that most exciting day was yesterday, when everyone moved over."

dfraser@sunmedia.ca
Twitter @ don_standard

MERIDIAN CENTRE
FACTS

Average number of construction workers per day: 85
Official groundbreaking: Dec. 20, 2012.

Square footage: 160,000

Number of piles driven: 355

Steel for the piles: 850 tonnes

Toilets: 84

Seats for hockey: 5,300

Seats for concerts: 6,000-plus

Ceiling height: 15-8 metres

Rink slab: 240-cubic metres of concrete used to fill the rink slab.

Bridges: The bridges, worth \$2 million, were donated by Tom Rankin

and use 270 tonnes of concrete.

Four girders are needed for the span of the south bridge, while the north bridge will have six girders.

Scoreboard: By Daktronics, costs

\$850,000 and is state-of-the-art.

— information provided by Meridian Centre

■ TV SHOOT: Production sets up at Loretto

Sci-Fi series 12 Monkeys films in Falls

JOHN LAW
QMI Agency Niagara

Niagara Falls' historic Loretto Academy will be skipping through time for a new sci-fi show.

Production for the Syfy series *12 Monkeys* spent last Wednesday and Thursday at the 153-year-old building on Stanley Ave. for scenes which take place in the year 2043.

"It was exciting," said building co-owner Tony Zappitelli, who counted about 40 production trucks parked outside the former school.

Show publicist Katherine Holmes said the series, based on the 1995 film directed by Terry Gilliam, started production in August and will premiere on Syfy in January.

Though she wouldn't discuss details of the scenes being filmed at Loretto, she said they take place in a military academy. About seven cast members were on set.

Following the film's plot, the series is about a reluctant man back sent in time to prevent the spread of a deadly plague which will eventually wipe out the human race.

Aaron Stanford (Pyro from two X-Men movies) will play the role Bruce Willis performed in the film, while Tom Noonan (*Damages*, *Hell on Wheels*) plays the villainous head of the Army of the 12 Monkeys, who are central to the conspiracy around the plague.

Brad Pitt earned his first Oscar nomination playing a

mental patient in the film. The character will be a woman in the series, played by Montreal's Emily Hampshire (*Cosmopolis*, *Rookie Blue*).

Holmes confirmed cast member Kirk Acevedo, seen in this summer's *Dawn of the Planet of the Apes* and last season on *The Walking Dead*, and respected German actress Barb Sukowa were filming scenes in the Falls.

Filming took place from about 8 a.m. to 11 p.m. last Wednesday. Rich Merlino, running for Niagara Falls city council in the upcoming municipal election, saw the notice for extras on Facebook and spent the entire day on set.

"It was an eye-opening

experience," he said. "The professionalism, the amount of people and crew, was really interesting."

Merlino is especially intrigued by the financial impact for the city.

"I've always wondered why we can't attract more filming companies to this area," he said. "I spotted probably 60 people (in the crew) staying all week in Niagara. And they hired a local catering company."

Merlino played a parent to one of the military school students during his brief time on camera.

"I guess I'll be sitting around the TV in January to see if I'm on (the show) at all."

Though it films many of



JOHN LAW / STAFF PHOTO

Filming of the new show *12 Monkeys*, based on the 1995 movie, took place at Loretto Academy on Stanley Avenue Wednesday and Thursday.

its shows north of the border (*Being Human*, *Lost Girl*, *Continuum*), the NBC-owned Syfy is not available in Canada. *12 Monkeys* will be seen

on Showcase in Canada in January.

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ACCOUNTABILITY

- Fought to reverse the 'Public Delegations Ban,' allowing residents to speak at Council meetings
- Increase # of recorded votes.
- Created more opportunities to engage residents.
- Barrick spearheaded new performance evaluation for Senior Management.
- A Fairness Advisor, Monitor and Auditor have been added as part of the Region's Procurement Policy to ensure an open, fair and impartial procurement process.
- Barrick was a leader in the organizational changes at the Region initiated by Council in 2013. By focusing on ONE TEAM and building trust and confidence with each other, we have achieved real results and earned the trust and confidence of our partners. By making municipalities more Prosperous and healthy, together we can build a stronger Niagara. (CAO 14-2014 October 2, 2014)

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REGION

Advance polls

Date: Saturday, October 18, 2014

Location: Municipal Offices, 66 Charlotte Street

Time: 10:00 a.m. to 8:00 p.m.

Date: Wednesday, October 22, 2014

Location: Port Colborne Mall, 287 West Side Road

Time: 10:00 a.m. to 8:00 p.m.

WWW.DAVIDBARRICK.CA